IT'S TODAY

because it
is today !
and there
is no
better
day than
today !
best day to start here !!
the best day ever !!

R- WE TODAY

We're officially starting this journal journey !!

This journal belogs to one wonderous wanderer!

Start wit a smile !!

R- journals
2023

"This life is temporary make it count eternally"

R- journals
2023

R- WE TODAY

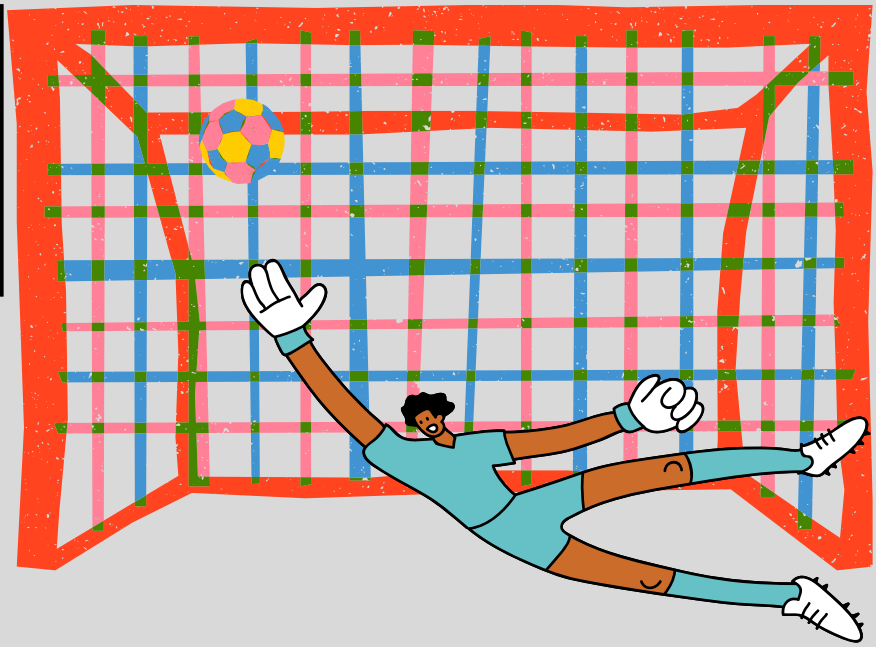
1st prompt

Right Goal

What is a right goal ?

R- journals
2023

IT IS THE



1st prompt

Right Goal

What is your goal for today?

Right Goal

What do you want to do?

How will you track your progress?

Is this relevant to your life right now?

How will you do it?

When do you want to do it?

R- WE TODAY

2nd prompt

Pick your words

What does your words say about you?

R- journals
2023

IT IS THE

2nd prompt

Pick your words

We are our words

?

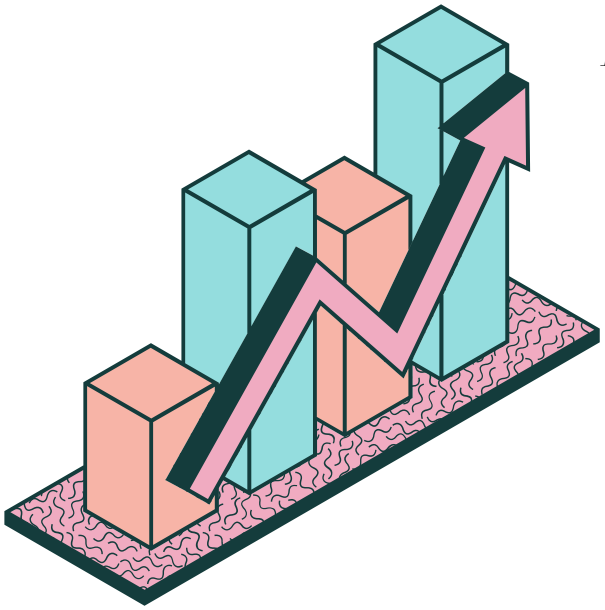
Pick your words

before talking I will see if what I say is

True ?

before talking I will see if what I say is

Important ?



before talking I will see if what I say is

Kind?

before talking I will see if what I say is

True ?
Important ?
Kind?

R- WE TODAY

3rd prompt

What do you mean by doing this ?

Set intentions

R- journals
2023

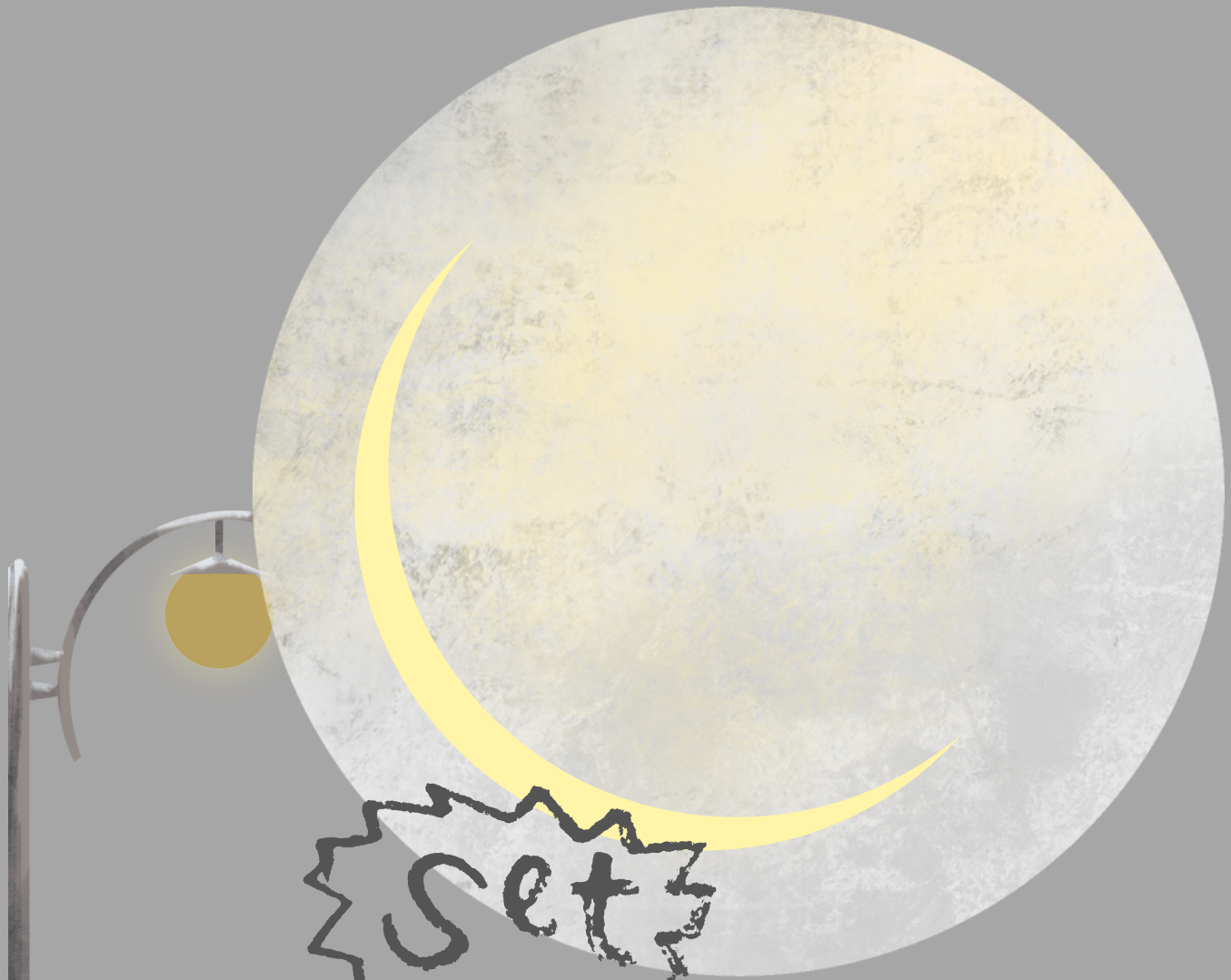
IT IS THE

3rd prompt

What do you mean by doing this ?

An insider job !

Set intentions



Set intentions

Friday

SUNNAH

SUNNAH

SUNNAH

R- WE TODAY

4th prompt

Priorities

What to do first ?

R- journals
2023

IT IS THE

priority

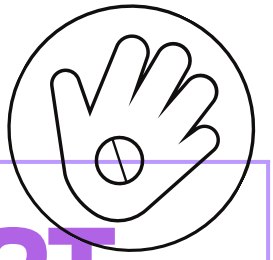
4th prompt

Priorities

What comes first ?

Priorities

	URGENT	NOT URGENT
IMPORTANT		
NOT IMPORTANT		



	URGENT	NOT URGENT
IMPORTANT		
NOT IMPORTANT		

R- WE TODAY

5th prompt

Food intake

Habits around food.

R- journals
2023

IT IS THE

5th prompt

Food intake

To eat and share a meal !

Food intake